
Meadowood



Meadows of Dan, Virginia

Virginia Green Lodging is the Virginia Department of Environmental Quality's (DEQ) initiative to promote pollution prevention (P2) practices in the tourism and hospitality industry. *Green Lodging* encourages hotels, resorts, and other hospitality operations to be aware of their impact on the environment and to take steps to reduce these impacts. *Green Lodging* is a non-regulatory program, and participation is completely voluntary and free of charge.

Meadowood Bed and Breakfast

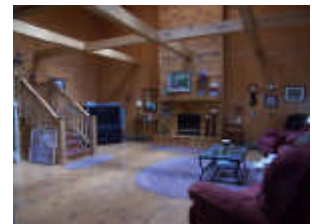
Meadowood Bed and Breakfast is located in the Blue Ridge Mountains and offers two pet friendly rooms and one pet-free guest room, as well as, two cottages and two cabins. "We can still make small changes that add up in the long run. We recycle and use energy efficient lighting simply because it is the right thing to do; it saves us money, it makes our lives healthier and above all, there is strength in self-reliance!"



Green Lodging Activities. When visiting Meadowood Bed and Breakfast, you can expect the following practices:

CORE ACTIVITIES for Green Lodging

- ☒ **Optional Linen Service.** Sheets and towels are not automatically changed every day during your stay.
 - Train house cleaners on process of optional linen service
 - Purchase water efficient washers and dryers
 - Use non-phosphate, non-toxic, biodegradable laundry detergents and cleaning products
 - Minimize the use of bleach and chlorinated chemicals
- ☒ **Recycling and Waste Reduction.** Green Lodging Facilities must provide recycling. Recycling should be highly visible and made available to guests with clear signage. A general commitment to reducing total amount of waste should be made.
 - Recycle: Glass, Aluminum Cans, Toner Cartridges, Packing Supplies, Newspaper, Cardboard, Fluorescent Lamps, Batteries, Electronics Equipment
 - Compost excess food waste
 - Worm box for vegetable matter and casings improve soil
 - Bulk soap dispensers instead of individual soaps
 - Fill up shampoo bottles
 - Instruct housekeeping to save and reuse unopened items
 - Eliminate use of Styrofoam
 - Use dishware and glassware to minimize use of disposables
 - Provide condiments, cream and sugar in bulk
 - Use water pitchers that minimize single-use bottles
 - Implement effective food inventory system to minimize waste
 - Purchase locally grown produce and other foods
 - Purchase from vendors and service providers with a commitment to the environment



- Use electronic correspondence and forms
- Use reused building materials or those from sustainable sources
- Use latex paint
- Recycle/dispose of thinners and solvents properly
- Use preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use least toxic materials
- Minimize use of pesticides and herbicides

☒ **Water Conservation.** The facility must have a plan for conserving water that should consider plumbing modifications and landscaping.

- Preventative maintenance of drips and leaks
- High efficiency dishwashers
- Use dry clean up methods over water-based methods
- Low flow toilets and low flow restrictors on faucets and showerheads
- Effective landscape management plan
- Effective storm water management plan
- Minimization of impervious areas
- Vegetative buffers around streams and ponds
- All water comes from a natural spring on the property and is free of impurities

☒ **Energy Conservation.** The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives.

- Track overall energy bills and set a numeric goal to reduce
- Use high efficiency compact fluorescent light bulbs in rooms and spotlights
- Use high efficiency fluorescent ballasts and lamps
- Use ceiling fans
- Individual thermostats for each room
- Use natural lighting and lighting sensors
- Purchase EnergyStar computers and appliances
- Use directional lighting in parking lots and walkways

☒ **Green Events Package.** The facility must offer a “green” or “environmentally-friendly” package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided.

For more information on **Meadowood Bed and Breakfast**, see www.meadowoodbedandbreakfast.net or contact Darin or Kristin Gillenwater at info@blueridgebedandbreakfast.net.

For more information on **Virginia Green Lodging** program, see www.deq.virginia.gov/p2/lodging.



Virginia Green Lodging program is a supporting partner of **Virginia Green**, the Commonwealth’s campaign to encourage environmentally-friendly practices in all aspects of Virginia’s tourism industry. Virginia Green is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

